



LANGLEY CREW



ROW WITH THE CHAMPIONS

Six Virginia State Champion Boats | Three Boats in Top 10 Nationally

- ★ Open to men and women, all grade levels
- ★ No previous rowing experience needed
- ★ We compete at state and national regattas
- ★ Earn Your Langley varsity letter
- ★ Great Trips, a lifetime of memories
- ★ Langley regularly places athletes into top college rowing programs

Langleycrew.com

 **Facebook.com/langleyrowing**

 **@LangleyCrew**

KEY PRESEASON DATES

September 6th 1pm to 3pm

Fall Open House

Sandy Run Boat House (Occoquan)

Swim Test

Date and Time TBD

Check langleycrew.com by **September 1**

September 11th

Forms, Payment, Swim Test Due for Fall rowing on Sat. **September 13**

September 18th

Forms, Payment, Swim Test Due for Fall rowing on Sat. **September 20**

Practices will be held on Saturdays,
10:30am to 1:30pm starting September
13 and ending October 25



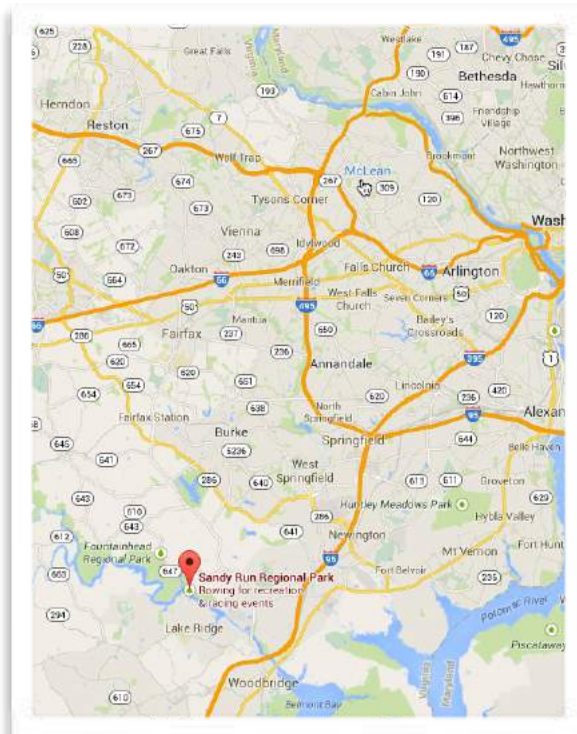
Open House for New Families

September 6th, 1pm to 3pm | Sandy Run Regional Park, Occoquan River

Come out to the 'Quan and see our fleet of racing boats and meet our coaching staff. See the beautiful river where we row and compete. You will also have the opportunity to sign up for our Fall Rowing sessions - a great way to get introduced to the world of rowing.

New and returning rowers will need a VHSL physical (dated after May 31, 2014) and a concussion test on file with Langley High School to participate in rowing. New rowers must also pass a swimming test.

If you are interested in being a part of our growing program please work to get your physical done as soon as you can. You will need to turn it into the Activity Office the first week back to school.



Contact Us

Jan Rossberg

Fall Rowing Coordinator
(571) 318.3655
jrossberg@verizon.net

Rob Shenk

Co-President
(703) 772.1554
robshenk@gmail.com

Todd Shaw

Co-President
(703) 868.9568
todd.shaw@me.com

Optional Fall Rowing

We are pleased to announce that we have a unique opportunity to introduce crew and rowing to interested students. Crew is a spring sport, but on beautiful fall weekends you have the opportunity to get out on the water and find out if rowing is for you!

During the Fall rowing sessions you'll have the chance to work with our coaches and learn the basic techniques of becoming a great rower.

